

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A261 – FRUIT AND NUT MIX, DEHYDRATED, 5 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B dried fruit and nuts consisting of equal parts dried cranberries, dried dates, dried figs, dried plum pieces, walnut pieces, almonds, or dried cherries.
PACK/YIELD	<ul style="list-style-type: none"> 5/5 lb bags per case. One 5 lb bag AP yields about 13½ cups dehydrated fruit and nut mix and provides about 53.3 ¼-cup servings dehydrated fruit and nut mix. One lb AP yields about 2 ⅔ cups dehydrated fruit and nut mix and provides about 10.7 ¼-cup servings dehydrated fruit and nut mix. CN Crediting: Request company formulation statement.
STORAGE	<ul style="list-style-type: none"> If package is opened, refrigerate and use within 6 months. Unopened packages will keep 6 months in a dry place at temperatures under 65 °F. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Dried fruit and nut mix may be served right from the package.



Nutrition Information

Fruit and nut mix

	¼ cup (43 g)	½ cup (86 g)
Calories	135	270
Protein	2.3 g	4.5 g
Carbohydrate	23 g	46 g
Dietary Fiber	3 g	6 g
Sugars	N/A	N/A
Total Fat	3.8 g	7.5 g
Saturated Fat	0.2 g	0.5 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	0.7 mg	1.4 mg
Calcium	39 mg	78 mg
Sodium	0 mg	0 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	N/A	N/A
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A



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USES AND TIPS	<ul style="list-style-type: none">• Serve, as is, as a meal-time fruit choice.• Repackage to take as a snack on a field trip.• Serve as a delicious, nutritious topping for ice cream or yogurt or cereal.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.